

State of Mississippi

Mississippi Department of Agriculture and Commerce

Agriculture Fact Sheet Cattle 2013



- 910,000 head in 2013.
- 17,752 farms in Mississippi.
- \$289 million value of production in 2013.
- Most nutritionists recommend 6 oz. of lean red meat per day to ensure good nutrition.
- Three ounces of lean beef contain only 183 calories and 73 milligrams of cholesterol.
- Three ounces of cooked lean beef contain 8.4 grams of fat – only 39% of that is saturated.
- Today Mississippi cattlemen are producing leaner beef than they did just a few years ago. The average thickness of fat around the edge of steaks and roasts is less than 1/8 inch, with over 40% of retail cuts having no external fat at all.
- There are over 60 different beef cuts from which to choose.
- Beef is eaten regularly in more than 90% of all U.S. households.
- Of all the beef eaten by Americans, about 40% is in the form of hamburgers.
- The meat industry is the most regulated industry in the nation, with the exception of the nuclear energy industry.
- Gelatin from the bones, horns, and skins is used in the making of marshmallows, ice cream, canned meats, and gelatin desserts.
- Insulin is perhaps the best-known pharmaceutical derived from cattle. It is used to treat diabetes mellitus that afflicts more than 13 million Americans.

Source: Mississippi State University



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Cindy Hyde-Smith, Commissioner
Phone (601) 359-1100 www.mdac.ms.gov